

What To Eat = Where To Get It = How To Cook It



Wyatt Woman Wins First Prize in Bread Contest cloth and the on board cover. Let 21/2 teaspoons baking powder, 1 flour mixture, stirring constantly, pour boiling water over it, beat well,

ed the nest prize in the News-Times spoons butter. 2 tablespoons sugar, greased pans, baving pans nearly buttermilk, 1 egg, Harris, who has been in charge of the school held at the Chamber of

ed to: Mrs. Arthur Rose, 1117 N. St. Louis Blvd.: Mrs. E. S. Chirhart, 411 N. Taylor st.; Mrs. Rend: Mrs. Sitay Lee, 117 N. Main Add flour to make soft dough, turn St. Mrs. S. E. Larerty, Niles. Following is the prize recipe sub-

> WHITE BREAD 1st Prize

mitted by Mrs. Ball:

I guart warm water or scalded fullk, 2 tablespoons sugar, 2 tabletablespoonful salt. 2 cakes Fleishthe flour. Beat until smooth, then add sait and remaining flour so as to have a nice soft dough that can he handled. Knead for 15 minutes, Louis Blvd., South Bend, Ind. * lightly but thoroughly. Put into a greased bowl, cover and set asias Milk and water bread for bread pint of yeast and save for your next in a warm place for one and a half mixer. hours. Divide Into 1 % pounds por- 1 cup scalded milk, 1 cake yeast yeast stir 1 quart of flour, let rise

sugar and sait have been melted, jor St., South Bend, Ind. 15 minutes, put into greased bowl, form into loaves saving out small of Laurel flour or any good flour. spoonfuls melted shortening. I pans, grease top of loaves and again toes very fine or enough to make 3 Dissolve yeast and sugar in warm moderate oven decreasing heat af- ful of sait. Beat until it looks like

tions, mould lightly into loaves and dissolved in 14 cup lukewarm water, to a sponge 40 or 50 minutes. Then place in well greased bread pans. I cup boiling water, I tablespoon take 4 or 5 quarts of flour, warm it, flover and let rise until double in lard, I tablespoon butter, 6 cups add the sponge and work till stiff, size. Bake in a moderately hot oven sifted flour 11/2 teaspoons salt, 1 let raise till quite light, work down.

1024 loaves and one dozen rolls, oughly mixed, using a knife or mix- small buns, let raise and bake in gredients: I medium sized potate, ing spoon. Add remaining flour, quick oven 25 or 30 minutes. Grease and potato water. I pint scalded in ix and turn on a floured board, the loaves before and after baking.

ture is smooth, elastic to touch, and South Bend, Ind. bubbles may be seen under the sur- 5th Prize

3 teaspoons salt, I cake compressed half full. Cover, let rise again to yeast, dissolved in 14 cup warm wa- double its bulk, and place in hot ter, about 12 cups flour. Directions: oven, reducing heat after about 15 Make a sponge of luke warm potato minutes. Bake 50 minutes. Loaves water, mashed potato, yeast and should begin to brown in about 15 about 3 cups of flour. When this is minutes, then temperature of oven formy (about an hour) add luke lowered, and loaves baked slowly. warm milk in which lard, butter, Mrs. E. S. Chirhart, 411 N. Tay-

White bread: 1 pint of neighborand grease top of dough, place in a hood yeast, 3 large tablespoonfuls warm spot until dough has doubled finely mashed potatoes. 5 tablele bulk. Turn onto slightly floured spoorful sugar, 1 tablespoonful bread board, knead out all bubbles, salt, 212 quarts water, 4 or 5 quarts amount for rolls, put in greased In the evening mash 4 or 5 potaallow to stand until loaves are large tablespoonful, add 5 tabledouble in bulk. Bake 50 minutes in spoonful of sugar and I tablespoonter 10 minutes. When bread begins whipped cream, add 1 quart of boilbrown, finish baking in slow ing water and stir, let this stand until luke warm or cold, then add Mrs. Arthur Rose, 1117 N. St. I pint of neighborhood yeast, let stand over night in a warm place. In the morning stir and add 14 quarts of water. Then take out 1 baking. In the remainder of the in bread raiser, or large bowl, pour oven hot, bake I hour. This makes

leaving clean bowl; knead until mix- Mrs. Geo. Frick. R. R. No. 7., sugar and seda together. Add Graham flour, bran, and dates, and mix | Saltrising bread made in this way warm water to a loaf of bread, mix has been becomed from the first six

thoroughly. Mix water, milk and will always be good. face. Return to bowl, cover with Date health bread: I cup flour, well beaten egg and add slowly to to cup corn meal put in a bowl, rise until double its bulk, it usually teaspoon sait, 1 1/2 cup sugar, 1/2 Pour into greased bread pans and set this in the evening in the mornrequires about two hours. Toss on teaspoon soda. 2 cups Graham bake in moderate oven 30 minutes. ing add to this 1-3 teaspoon soda.

board slightly floured, knead and flour, I cup bran, 11/2 cups chopped Mrs. Sitav Lee, 117 N. Main, I teaspoon salt, I teaspoon sugar, Mrs. C. V. Hall, Wyatt, was award- milk, 2 tablespoons lard, 2 table- shape into loaves, and place in dates, 1 cup water, 1 cup sour or South Bend.

Announcement

About

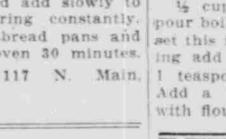
Gluten Bread

We're going to offer this great health-giver to South Bend people twice a week

Monday and Thursday

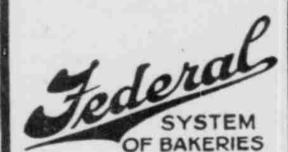
It's a wonderful bread. As much food iron as in beefsteak. lime, vitamin, and protem for the blood.

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SATURDAY ONLY

Cakes Cookies,



121 W. Wash. Ave. South Bend

6th Prize

stiff and mould into loaves, let rise . n a warm place, anke when light Mrs. S. E. Laverty, Niles,

to rise, when light, add I pint luke . ELEHART The nilling weeker

Physicalize's merson restordations the eaf-

319 S. Michigan St.

A Few Items of Our Large Stock of Meats

A Pew Items	or ou
Veal Pocket or Stew, per pound	.09c
Fresh Flank Steak, per pound	15c
Veal Shoulder Roast, per pound	12c
Beef Pot Roast, per pound	10c
Cream Cheese, per pound	22c
Brick Cheese, per pound	20c
Whole Brick,	18c

Fine Limburger Cheese, per pound	. 20c
Very Finest Butterine, per pound	20c
Hamburger, Fresh Made, 3 pounds for	
Spare Ribs, per pound	
Fresh Dressed Chickens, per pound	- CD - CD
Veal Round Roast, per pound	
Loin of Veal, per pound	150
Veal Chops, per pound	18c

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Fresh Eggs Beef Pot Roast . . Rib Boiling Beef . 7c 3 Pounds Pure Lard 40c Boned and Rolled Rib . . . 20c Roast Round, Sirloin and Swiss Steak . . 20c

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Cream Cheese Pork Loin Roast . Boston Butts . Spare Ribs . . Country. Sausage 121/2c No. 1 Sugar Cured Skinned Hams . 32c Pig Liver . .

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FRESH DRESSED CHICKENS

31c

-- legs that are chubby --- arms that are strong ---cheeks that are pink

These are some of the effects caused by

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Standard Rib 12½C	8c Creamery Butter
Rib Roast, boned and rolled 22c	36c Lettuce, 2 lbs, for
Round and Swiss 22C	35c
Short Steaks 22c	Veal 12c
Fresh Brains 10c	Shoulder Roast of Veal 180
Large Dill Pickles, 20c	Veal Chops 25c
D	V:: 10 : 1

y butter		
Sc	Pure Pork Sausage	180
l lbs. for	Smoked Cottage Butts	320
oc	Smoked Picnics	200
12c	Home Dressed Chickens	
18c 25c	Sugar Cured Breakfa —whole or half slab	220
d Georgia B	rand, lb 20c	
nd		

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